

ABSTRACT OF THE DISCLOSURE

A phase-change optical information recording medium in which information can be recorded, reproduced and rewritten and which includes a first transparent substrate having a wobbling 5 guide groove which is spirally formed thereon at a pitch; a first dielectric layer located overlying the first transparent substrate and having an optical thickness of from 80 nm to 200 nm; a phase-change recording layer located overlying the first dielectric layer and having an optical thickness of from 20 to 10 50 nm when the recording layer is in an erased state; a second dielectric layer located overlying the recording layer and having an optical thickness of from 10 nm to 70 nm; a reflection layer located overlying the second dielectric layer; optionally 15 a third dielectric layer located between the second dielectric layer and the reflection layer; and a second transparent substrate located overlying the reflection layer.